



Take One Step to a Healthy Heart

Heart disease is the leading cause of death in the United States. It kills more than 700,000 people each year—more deaths than from all forms of cancer combined. It affects both men and women of all racial and ethnic groups.

But take heart! The good news is that there are many things you can do to greatly reduce your risk of heart disease. Taking just one of the following steps will start you on the journey to better health.

Get Moving

Regular physical activity helps you maintain a healthy weight, reduces stress, and improves your overall health. Lack of activity can lead to obesity, high blood pressure, and diabetes.

Take one step to increase your physical activity: Just 30 minutes a day makes a difference. Go for a walk, take the stairs instead of the elevator, ride a bike, or play ball with your kids.

Quit Smoking

Smokers are twice as likely to die from a heart attack than non-smokers. If you quit right now, your body can repair the much of the damage from cigarettes within a year.

Take one step to quit smoking: Talk to your doctor or pharmacist about trying a nicotine gum, patch, or lozenge to reduce cravings. There are also medications that can help. Then try quitting with a friend, family member, or smoking cessation group.

Lose Weight

Extra body weight can contribute to high cholesterol, high blood pressure, and diabetes. Even moderate weight loss can improve your health.

Take one step to lose weight: Eat fewer fast and processed foods, reduce your soda intake, and use smaller portions.

Eat Smart

Eating foods that are high in salt, sugar, and fat can contribute to high cholesterol, high blood pressure, and obesity.

Take one step to eat smart: Foods that are high in fiber, like whole grains and fresh fruits and vegetables, have been proven to help lower the amount of LDL (bad) cholesterol in the blood.



Know Your Numbers

You may have high blood pressure, high cholesterol, or high blood sugar and not know it. These “silent” symptoms can lead to heart disease and heart attack.

Take one step to know your numbers: Go to your health clinic, HMO, doctor, or pharmacy to get your levels checked. Controlling these numbers can significantly decrease your risk of heart disease.

FOR MORE INFORMATION

Log on to <http://www.pbs.org/takeonestep/heart> to find out more, as well as these organizations:

AARP

www.aarp.org

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice, and control. AARP produces several publications and has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. A Campaign Affiliate of *Take One Step: A PBS Health Campaign*.

Alliance for a Healthier Generation

<http://www.healthiergeneration.org>

This site contains useful information about childhood obesity and what parents, kids, and schools can do about it.

American Heart Association

<http://www.americanheart.org>

This comprehensive site offers information, advice, recipes, and resources on all aspects of heart disease and heart-healthy lifestyles, in English and Spanish.

America on the Move

<http://www.americaonthemove.org>

AOM works with partners and sponsors to educate and empower people to improve their health and quality of life, with free programs, tools, and resources. A Resource Partner of *Take One Step: A PBS Health Campaign*.

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/index.htm>

This site provides a range of facts, tips, screening tools for patients and the public, with materials in Spanish, Vietnamese, and Filipino.

Reader's Digest Magazine

<http://www.rd.com>

Reader's Digest is the largest-circulation magazine in the world, published in 21 languages and 50 editions worldwide. The Web site contains information and advice for a variety of health conditions, including *10 Easy Steps to a Healthier Heart*. A Promotion Partner of *Take One Step: A PBS Health Campaign*.

WomenHeart: The National Coalition for Women with Heart Disease

<http://womenheart.org>

This site includes fact sheets, recipes, exercises, and information about heart disease prevention, diagnosis, and treatment. Materials are available in English and Spanish. An Outreach Partner of *Take One Step: A PBS Health Campaign*.

YMCA of the USA

<http://www.ymca.net>

YMCA Activate America™ is a national initiative that is rallying YMCAs across the country to help children and adults discover and sustain healthier ways to live. A Community Partner of *Take One Step: A PBS Health Campaign*.